

Spang Airmen don't fear "The Hog"



U.S. Air Force photo/Master Sgt. Demetrius Lester

An A-10 Warthog stands ready on the flight line for its next Operation Enduring Freedom mission. The A-10 is the first Air Force aircraft specially designed for close air support of ground forces.

by Louis A. Arana-Barradas
Air Force News Agency

Airman 1st Class Marissa Burke doesn't fear The Hog.

Coalition ground forces fighting the war on terrorism don't fear it either. They love to hear the distinctive hum of the A-10 Thunderbolt II ground-attack fighter's twin turbofan engines overhead.

It means help is only a radio call away.

But those who dare tangle with The Hog definitely tremble in fear when it is near. Because the jet's deadly 30 millimeter Gatling gun can end an insurgent's career in a

three-second burst of bullets.

Bullets that Airman Burke, an A-10 weapons load crew member at Bagram Air Base, Afghanistan, helps load on the aircraft. It's a job she likes because of the final results, she said.

"My job is cool because I know what I do impacts the war," said the Airman from Archibald, Pa., who is on her first deployment. "I'm actually doing something that helps people, America and the cause over here."

She's one of more than 200 aircraft maintainers who deployed with the 81st Aircraft Maintenance Unit, from Spangdahlem Air

Base, Germany, to join the 455th Expeditionary Aircraft Maintenance Squadron. Their mission since January 2008: Keep their 12 jets flying.

The Spang crew has done just that, said 1st Lt. Kristen Lainis, the unit's assistant officer in charge.

Since arriving at Bagram, maintainers have been busy keeping 81st Fighter Squadron jets flying. They "met every air tasking order with 100 percent flying schedule effectiveness and launched more than 1,300 sorties," said the lieutenant, a three-year Air Force veteran.

That equated to more than

5,700 combat flying hours of close-air support and show-of-force missions, she said. And squadron pilots dropped more than 130 bombs, launched more than 200 rockets and fired more than 65,000 heavy 30 millimeter rounds.

"The Hog has truly become feared by our enemies," Lieutenant Lainis said. And that has paved the way "for the motto that now defines our unit — 'Fear the Hog.'"

Keeping the more than 30-year-old jets in the air is paramount to the success of the war on terrorism in Afghanistan. But that can be a tough duty.

"This is by no means an easy task to achieve, but teamwork is the main driving force behind the unit's success," the lieutenant said.

That teamwork becomes evident to anyone who takes a stroll on Bagram's busy aircraft ramp, day or night, and watches the maintainers at work launching or recovering the A-10s — especially if it's one of their Hogs.

"If the aircraft needs liquid oxygen, the LOX crew springs into action," Lieutenant Lainis said. "If there was a pilot-reported discrepancy during the sortie, the appropriate specialist is on the spot. This cohesive team expertly returns the aircraft to war-ready status in minimal time.

"So you'll rarely see an A-10 maintainer working solo," she

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52nd Fighter Wing
Responsible drinking scoreboard



Last DUI: June 8; 52nd CMS
Last ARM: July 6; 52nd CES

Last DUI
33 days ago

Exploring the
Eifel area

... see Page 5



Fun awaits at
amusement parks

... see Page 11



Weekend
weather



Sat. July 12
Cloudy/rain
High 20C / 68F
Low 14C / 57F

Sun. July 13
Partly cloudy
High 22C / 72F
Low 12C / 54F

Top Saber Performer



Name: Staff Sgt. Lee J. Chin

Unit: 726nd Air Mobility Squadron

Duty title: Instrument Flight Control Systems Journeyman

Hometown: Monroe, N.C.

Years in service: Five years and four months.

Why joined: I wanted to continue my family's legacy of military heritage.

Family: Single, but I have my parents back in the states.

Hobbies: Watching Anime, reading Manga and playing computer games.

Favorite aspect of job:

Having the opportunity to maintain and service multiple heavy airframes while being stationed in the Eifel region of Germany.

Most memorable Air Force experience:

Early in 2006, I was tasked to assist an Accident Investigation Board for a C-5B mishap at Dover Air Force Base. I removed multiple Instrument Computer Components from the aircraft, which were processed for interrogation into the cause of the mishap. It was interesting to see how the Accident Investigation Board process worked first hand.

Becoming a part of the paralegal family

by Senior Master Sgt. Darrell Hixon
52nd Fighter Wing Office of the
Staff Judge Advocate

Have you ever wondered what really goes on at the legal office? I am sure most of you will have to admit you've thought about it at least once.

Well, because of the Air Force Rules of Professional Conduct, which applies to all military and civilian lawyers, paralegals and nonlawyer assistants in the Air Force Judge Advocate General's Corps, I am unable to tell you exactly what goes on at the legal office. However, I can tell you a bit about the job and how to become a paralegal member.

What Does A Paralegal Do?

The paralegal career field was created May 1, 1955. Even before that date, paralegals played a very prominent role in the Judge Advocate General's Corps. The corps' primary mission is to deliver professional, candid, independent counsel and full-spectrum legal capabilities to commanders and the warfighter.

The paralegal's role is to assist attorneys in providing legal counsel to commanders, first sergeants

and other key personnel on a spectrum of legal and quasi-legal matters in achieving that mission. Consequently, paralegals support all areas of a legal office. Paralegals also help manage defense services as needed while assigned as the base defense paralegal. Within these support areas, the paralegal conducts legal research, interviews witnesses and victims and drafts opinions and documents. They also support investigations of serious incidents, such as aircraft, missile or rocket accidents.

To ensure paralegals are qualified to support these many legal areas, paralegals attend basic and advanced paralegal courses at the Judge Advocate General's School, Maxwell Air Force Base, Ala. Paralegals receive upgrade training within the corps, and they attend several specialized courses, like operational law, environmental law, contract law and the annual federal income tax course.

Am I Eligible To Retrain?

To be eligible to retrain into the paralegal career field, Airmen must be able to type a minimum of 25 words per minute and have a minimum AQE score of 51. Airmen must also not have any deroga-

tory information in their records, to include previous Article 15s or court convictions. Anyone who is eligible, and decides to retrain, needs to submit a retraining application, letters of recommendation from the supervisor, first sergeant and commander, as well as complete a personal interview with the local staff judge advocate and law office superintendent.

The paralegal career field is extremely interesting and very challenging. It is rewarding for individuals who are looking for a job that affords them independence in their work, personal growth and a sense of accomplishment at the end of each day.

To submit retraining applications, log onto the Air Force Portal and then go to the virtual military personnel flight. Here, potential applicants should find the request retraining tab under the New Self Service Application heading on the bottom left corner of the page.

For more information on applying, contact the employment section of the Military Personnel Flight at 452-6553. For more information about the paralegal career field, contact the Spangdahlem Law Office superintendent at 452-6796.

Entries sought for military essay contest

WASHINGTON (AFPN) — The Military Officers Association of America is seeking entries for its inaugural Military Professional Essay Contest.

Essays may address any topic that has relevance to the association's stated mission of preserving a strong national defense.

The contest is open to current, former and retired members of the military; members of their families; and students, staff and faculty members at any professional military education institution.

Writers must be at least 18 years old and the essay must be the writer's own work.

Multiple entries are permitted. Entries are due by

no later than July 31.

Entries will be judged by an independent panel, and the top three essays will be printed in an upcoming issue of the Military Officer magazine.

Judges will base their selections on original thought, clarity and logic of writing and style.

The entrants will be vying for prizes of \$1,000 for first place, \$500 for second place and \$250 for third place.

The winners will be announced on the MOAA Web site Dec. 31.

Complete rules can be found on the MOAA Essay Contest Web site.

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Editorial content is edited, prepared and provided by the Public Affairs office of the 52nd Fighter Wing, Spangdahlem AB. All photographs are U.S. Air Force photographs, unless otherwise indicated.



Col. Tip Wight

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in The Saber Herald and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

- DirectLine@spangdahlem.af.mil
- Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126
- To PA in building 23.
- Concerns may also be sent via fax to 452-5254.

Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call The Saber Herald at 452-5244 for more information.

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said. That's a fact Airman Burke, who works with a team, can attest to.

"You grow a lot closer to the people you work with — it's more like a family here," the Airman said. "Everyone is there for each other."

The Airman has been in the service about a year and a half and may be too "green" to know that in maintainer circles, the joke is weapons loaders can't work unless in groups of three. But load crews are perfect examples of teamwork in motion.

"After a sortie where munitions have been expended, you can see the hours of training in the 'load barn' have paid off for load crews," Lieutenant Lainis said. "Like a well-oiled machine, crews follow the letter of the law and safely reconfigure aircraft for their next combat mission."

But the same is true of all the maintainers, from crew chiefs to the Airmen who work on the jets' avionics, hydraulics, frame, engines or other systems on the flight line or in the back shops, Capt. Jennifer Gurganus said. She's the officer in charge of the Spang maintenance unit.

"Our aircraft have flown great this entire deployment. Our maintainers do an outstanding job keeping our aircraft fully mission capable every day," the captain from Fayetteville, N.C., said. "This is proven by how well our aircraft have flown here. The teamwork and attention to detail is why we have easily made every combat sortie."

But launching and "catching" jets around the clock is a tough and dirty business, and life on the A-10 ramp isn't glamorous. For example, when an A-10 returns from a combat mission, its entire nose is sometimes black from the gun gas. The residue can be thick.

"Although a blackened nose is a 'badge of honor,' it must be cleaned," Lieutenant Lainis said. "And the light grey painted aircraft show every speck of dirt and splattered bug."

Luckily, no crew chief ever cleans his or her aircraft alone, she said. It's not uncommon to see 10 people, no matter their job, working together to clean the jets.

And sometimes Hog handlers turn into tour guides when Soldiers pay a visit.

"Soldiers come out to the flight line just to see the A-10 because our jets have helped them out of a tough situation," the lieutenant said. "There's no other airframe in the Air Force that can compete with the A-10 and its gun for providing combat-air support to troops on the ground."

That's why maintainers ensure their Hogs are always ready to join the fight, she said.

In mid-May, the unit had done its job and was ready to return home to Spangdahlem's green and rolling hill country. Though she liked her Bagram experience and learned from it, Airman Burke was glad the deployment was almost over. So were her parents back in Pennsylvania who didn't relish the thought of their daughter serving in a war zone.

"My parents know I'm happy to be here, that this is what I want, that I needed to be here. So they accept it," Airman Burke said. "They're proud of me and brag to all their friends about me."

As the unit packed up to return home, another unit was arriving and settling in. Get in, do the job for four to six months and get out. That's the now-familiar way of life for today's Airmen.

As they hit the Bagram ramp again — Airman Burke included — all the Spang crew wanted to do was launch their last Hog, pack their gear and get back home.



U.S. Air Force photos/Master Sgt. Demetrius Lester

Members of the 455th Expeditionary Aircraft Maintenance Squadron load foot-long 30 millimeter ammunition on an A-10 Thunderbolt II before a combat mission. The Hog's GAU-8/A seven-barrel Gatling gun is the business end of the Air Force's premier ground-attack fighter, which has been in the Air Force inventory since October 1975.



After each combat mission, A-10 Thunderbolt II crew chief Staff Sgt. Damon Ballard checks his Hog to ensure it's good to go for its next mission from Bagram Air Base, Afghanistan. He deployed to the 455th Expeditionary Maintenance Squadron with the 81st Aircraft Maintenance Unit, Spangdahlem Air Base, Germany.



U.S. Air Force photo/Airman 1st Class Jenifer Calhoun
Eric Singer, drummer of the band Kiss, signs autographs for Maj. Michael Wyatt, commander of the Force Support Squadron, on the flight line June 26.

KISS visits Spang before big show

by Senior Airman Lana Mills
52nd Fighter Wing Public Affairs

Who put the idea in our heads to rock 'n' roll all night and party every day? When rock music comes to mind, usually the band KISS follows closely behind. They are regarded as one of the most influential rock 'n' roll bands of all time.

In 2005, KISS was part of the "Rockin the Corps" tour that helped show military members just how much they supported the troops, so it was only fitting for them to fly into Spangdahlem Air Base on their way to a KISS Alive/35 tour concert in Luxembourg, about an hour away.

The band came to the Brick House to sign autographs and show their appreciation to Airmen and their families. The four-man team was on the stage in front of their posters while big screen televisions played their music videos. The turnout was so big that staff had to cut the line off so KISS could get ready to depart for their show. They gave out about 100 free passes to the concert.

Airman 1st Class

Jenifer Calhoun was the base photographer for the visit and said, "It was truly an honor to be able to photograph a piece of rock 'n' roll history as well as getting to capture the Airmen and their families cutting loose and just having a good time."

Airman Calhoun was also one of the lucky fans who got free tickets to the concert and said she "had a blast."

The band said they were very humbled by the praise they received from the servicemembers.

KISS members said some of the comments they received were thanking them for the music that helped them through hard times.

"You know it's a great feeling to know that people find some sort of strength, or a place to regenerate through us," band member Paul Stanley said. "When somebody calls me a hero, it's overstating things. The people who are calling me hero are the heroes. When I see men and women in uniform who give everything to make everything this country believes in possible, those are the heroes. I'm just a musician."

Flight operators go to the operating table in career field swap

Story and photo by Staff Sgt.
Mareshah Haynes
332nd Air Expeditionary Wing
Public Affairs

BALAD AIR BASE, Iraq — Many Airmen never get the opportunity to see firsthand what Airmen outside their career field do on a day-to-day basis, let alone experience it.

That's exactly what the swap program at the Air Force Theater Hospital at Balad Air Base allowed a handful of Airmen to do.

Airmen from the 23rd and 332nd Expeditionary Fighter Squadrons swapped jobs with Airmen from the 332nd Expeditionary Medical Group for a day to gain a greater appreciation of the mission performed by their peers.

Staff Sgt. C.J. Cruz-Francois, 332nd EFS, and Senior Airman Nicole Vaughn, 23rd EFS, spent the day at the AFTH, assisting the staff with tasks such as stocking medical supplies, cleaning linen bins and scrubbing in to observe operations.

"We try to expose them to every facet of the hospital," said Chief Master Sgt. David Nordel, 332nd Expeditionary Medical Group chief. "The goal is for the individual to experience the diversity of the EMDG and get an appreciation for the amount of teamwork that is needed to accomplish our mission of combat trauma care."

The duo checked on patients in the intensive care ward and unit with trained medical technicians who described the injuries and treatments provided to help each individual remain as comfortable as possible and recover from



Senior Airman Nicole Vaughn, assigned to the 23rd Expeditionary Fighter Squadron, spends time with a young Iraqi girl, a patient at the Air Force Theater Hospital, as part of a job swap program. The program allows Airmen outside of the medical career field to spend a day shadowing hospital personnel. Airman Vaughn is deployed from Spangdahlem Air Base, Germany.

their injuries and ailments.

The exchange Airmen also saw a part of the medical career field that no servicemember hopes to experience, but the AFTH staff has to deal with all too often.

They witnessed a Fallen Angel ceremony for a 21-year-old Soldier, who despite doctors' efforts, died from a gunshot wound. The ceremony, which is a memorial held for servicemembers who gave their lives defending freedom, was attended by the OR staff, hospital chaplains and helicopter pad crew.

"Seeing the guys coming who are injured and hurt — it really opens up your eyes as to why we're here in Iraq, what we're supporting and what the mission is," said Airman Vaughn, who is deployed from Spangdahlem Air Base, Germany. "Today was very intense."

"I call the EMDG a combat zone in the middle of an Air Force base because the war comes to us," said Chief Nordel, who is deployed from Grand Forks Air Force Base, N.D.

"The impact of the loss of a brother or sister in arms is something that medical warriors have to face and deal with, just as maintainers have to deal with 120 degree days or other factors that make their tough job tougher."

The Airmen had the opportunity to visit the laboratory and physical therapy clinic where they learned their blood types.

The Airmen were also able to try out some of the equipment used to treat patients who suffer from muscle spasms.

After experiencing a day in the life of a medical technician, it seemed the experience did cause a deeper appreciation and an insight into the overall Air Force mission and how each job is integral to accomplishing the mission.

"It puts things into perspective," said Sergeant Cruz-Francois, an aircrew resource management specialist deployed from Spangdahlem Air Base, Germany. "(The work done at the AFTH is) phenomenal. When you witness it, you know why you're (in Iraq)."

Exploring the Eifel area:



Photo by Iris Reiff, 52nd Fighter Wing Public Affairs

Bitburg Airshow

An A-10 aircraft sits on display at the combined Luxembourg-Bitburg airshow in Bitburg, which drew close to 100,000 visitors. The 52nd Fighter Wing at Spangdahlem Air Base, Germany, participated in the show by providing two A-10 aircrafts for the display.



Photo by Iris Reiff, 52nd Fighter Wing Public Affairs

Binsfeld Friendship Run

Col. Tip Wight, 52nd Fighter Wing commander, fires the first shot beginning the men's race during this year's Binsfeld German-U.S. friendship run.



Photo by Iris Reiff, 52nd Fighter Wing Public Affairs

Fourth of July

A group of civic leaders and honorary wing commanders enjoy the July 4 celebrations and fireworks display at Spangdahlem Air Base. The group was invited by 52nd Fighter Wing Commander, Col. Tip Wight, who thanked German friends and neighbors for their valuable friendship and support throughout the year.



Photo by Staff Sgt. Kristin Ruleau, 52nd Fighter Wing Public Affairs

The Butterfly Garden

A butterfly pollinates a hibiscus flower at the Butterfly Garden in Gravenmacher, Luxembourg, July 6. The Butterfly Garden is one of many places in Rheinland-Pfalz to visit, especially during Explore the Eifel Week, that is offered to base residents. The garden is also host to a menagerie of various insects, a diversity of plants and hundreds of butterflies.



Photo by Iris Reiff, 52nd Fighter Wing Public Affairs

Explore the Eifel

(At left) A group of base members and their families from Spangdahlem Air Base, Germany, visit a local museum in Speicher to learn about past everyday life in the Eifel area. The excursion to the museum was part of Explore the Eifel, a program initiated by a former Spangdahlem wing commander. (Above) A base member and his family receive a free travel package for touring Cochem and it's magnificent castle. The package was presented by a vendor during the Spangdahlem Explore the Eifel fair June 27.

Big changes arriving at your MPF

Story and photo by Staff Sgt. Matthew S. Bright
52nd Fighter Wing Public Affairs

As a result of manning reductions and force-wide streamlining efforts like Air Force Smart Operations for the 21st Century and Program Budget Decision 720, as of June 30, Spangdahlem's Military Personnel Flight was collocated with all unit Commander's Support Staff personnel into the newly incorporated Military Personnel Section.

Located in building 131, the MPS will support all of the missions that we have come to expect from the MPF, but now with a few added services.

"The MPS will cover all personnel-related duties. The units will cover all unit-centric items. So, essentially, if you're new to the base, you will in-process through the MPS. We'll take all your paperwork, we'll give you all your ration cards, information as to when you show up where, what time," said Capt. Judy Garza, chief of the Military Personnel Section. "We'll basically in-process and out-process you for the base. And then the unit that you work (for) or you're assigned to will take care of all other duties."

The service provided by the MPS doesn't begin and end with a members' in-processing/out-processing needs. The ID card office is open from 7:30 a.m. to 3 p.m. Mondays, Wednesdays and Fridays and from 9:30 a.m. to 6 p.m. Tuesdays and Thursdays. Additionally, you can perform DEERS updates, vRED updates and order official and personal passports.

In addition to the customer service personnel at the MPS, there will also be a computer lab for self-service updates to your Air Force Personnel Center and Virtual Military Personnel Flight records for members who don't have regular computer access in their work centers.

"We will be utilizing many Web-resources that have been put out there from the Air Force Personnel Center," said Captain Garza. "We walk (members and their families) through vir-

tual processes, we've also implemented many home-grown systems and put them into place for the commanders and the commanders' staff."

For more information, contact the MPS at 452-6554 or 0656561-6554.



Master Sgt. Lawrence Anderson, 52nd Operations Support Squadron first sergeant, and other members of the 52nd Fighter Wing are briefed on the on-going conversion of Spangdahlem's Mission Support Flight to a Mission Support Section.

Renter's insurance offers piece of mind

A small expense that could prove to be a huge help in a time of need

United States firefighters responded to more than 1.6 million fires that resulted in more than \$11 billion in direct property loss during 1997, according to non-profit organization the National Fire Protection Association.

That is \$11 billion of fire damage that, without the benefit of insurance, would come directly out of the victim's pockets.

Generally speaking, renter's insurance policies are designed to protect individuals from a number of potential hazards ranging from fire and electrical surge damage to theft and vandalism.

Most renter's insurance policies protect the actual structure of the building that the policy holder resides in and the holder's personal property.

Property claimed does not necessarily have to be in the structure to be covered; however, it has to be shown that the item claimed actually belongs to an individual cov-

ered under the insurance policy.

For example, a notebook computer stolen from an automobile could be covered under the member's renter's insurance policy.

That being said, Renters Insurance is not 100 percent fail-safe.

Most basic renter's insurance policies do not apply to flood and/or earthquake damage, so members in these areas are encouraged to maintain supplemental policies or riders on their existing policies.

Renter's insurance also protects individuals by providing them reimbursement for items that are lost or damaged.

This can be helpful for members living in base housing where they can be held financially accountable to the federal government for acci-

dental damage to their home.

The policy reimburses individuals for living expenses incurred while waiting for their damaged housing to be fixed.

The amount reimbursable for living expenses is determined by an individual's policy, but is usually capped at 30 to 40 percent of the total value of the policy.

In addition, renter's insurance provides a personal liability protection.

This protects the policy holder from having to pay out of pocket for personal law suits up to the policy holder's cap.

Renter's insurance policies are surprisingly affordable. The average yearly cost of a policy is \$150 to \$300 per \$30,000 to \$35,000 worth of household coverage and \$100,000 to \$300,000 worth per-

sonal liability coverage.

When shopping for a policy, know whether or not it offers "Actual Cash Value" or "Replacement Value" coverage.

Actual Cash Value policies reimburse the policy holder for the depreciated value of the property at the time that it became lost or damaged.

Replacement Value coverage reimburses the policy holder for the cost of a like value replacement.

Although slightly more expensive, Replacement Value coverage puts the policy holder in a significantly better position than Actual Cash Value policies.

All in all, renter's insurance is a relatively small expense that can pay huge dividends in a time of need.

(Courtesy of the 52nd Fighter Wing Office of the Staff Judge Advocate)

Renter's insurance also protects individuals by providing them reimbursement for items that are lost or damaged.

Bringing Sarah Home

by Staff Sgt. Tammie Moore, 52nd Fighter Wing Public Affairs



One mother in China prays for a good life for the baby girl she can't keep. Thousands of miles away, an American mother in Germany prays for the daughter she hopes to hold. Both pray for the same child, Sarah.

Seven years before Sarah was born, Allen and Dawn Orahod had two boys and another on the way. Dawn had always dreamed of a large family and a daughter to adorn in dresses and ribbons. But during her third pregnancy they learned Dawn would not be able to have any more biological children. So shortly after their son's birth, they began talking about adoption to complete their family.

Researching The Options

The Orahods spent numerous hours on the Web researching adoption. Based on what they learned, they decided to adopt a daughter from China. At the time, a typical adoption from China took about eight to nine months. Web sites they found helpful in their quest were "Shaohannah's Hope," founded by a couple who adopted three girls from China, and "Families Thru International Adoption," which helped coordinate their two-week trip to bring Sarah home. On the Web they also found organizations that provided grants to help alleviate the cost of adoptions.

"There are numerous organizations out there you can apply to get grants from, you just need to do a little research," said Allen, a master sergeant load standardization crew chief with the 52nd Maintenance Group.

In addition to looking for answers online, the Orahods talked to people about their adoption experiences.

"Their stories and support put us at ease and gave us a good feel for what we would go through," Dawn said.

Taking The Next Step

The couple started the adoption application process in August 2005, but because of a back logged adoption system in China, the nine-month point in the adoption process came and passed, followed by more waiting.

The Orahods said the paperwork — some of which they had to complete and pay for more than once — was not the most frustrating part of the process — it was the uncertainty that loomed over them.

And then the long wait.

"That time was the most challenging part," Dawn said. "Once we got the referral, time went by fast. In March we got a photo of Sarah. That made it all seem surreal. When we finally got the call that we had a daughter, the past 26 months just melted away. All we could think was 'We have a daughter. We really have a daughter.'"

After they received their referral, they were in contact with the other 11 families who would be traveling with them to China to finalize their adoptions.

"By the time we all met, we already knew each other fairly well," Allen said. "Additionally, we met Lt. Col. Mark Hedman and his wife, Julie, while we were in the process of collecting our paperwork. They also have a daughter from China and they have been extremely supportive and resourceful throughout the entire process."

Everyone in the Orahod family was thrilled at the thought of having a baby girl in the family.

"All three boys were excited from the very start and at the same time were getting discouraged at how long it was taking to get her," Allen said. "They couldn't understand why it was taking so long. After a while they wondered if she was really ever going to come."

Preparing For The Arrival

Like with the birth of a new baby,

part of the preparation process for the Orahods was to pick out a name for their perfectly chubby-cheeked baby.

"All of our children's names came from the Bible and all of them have an 'A' for their middle initial: Caleb Allen, Joshua Adam, Daniel Aaron and Sarah Alison Mei," Allen said. "We capitalized both the 'A' and 'M' in Sarah's name because in Chinese, Mei-meï means 'little sister.'"

Even before being notified of their referral, the Orahods began preparing for the arrival of their daughter.

"It's different preparing for a 1-year-old than preparing for a newborn," Dawn said. "With a newborn, your wait is seven to eight months after you find out you're pregnant, but with our adoption, our wait started out at eight to nine months and lasted 26 months. During that time, we tried to get familiar with her birth country and its customs. We also read about different things that she may experience, such as Reactive Attachment Disorder, which is a bonding issue some children experience who have been adopted. Sarah bonded with us by the next day, but some of the families in our group had a rough time for the first three to four days."

When the Orahods boarded the plane to meet their daughter, they said a million different thoughts raced through their minds.

They said they felt excitement and disbelief that their dream was finally coming true.

Love At First Sight

Even though there is no way Sarah could have known, the moment the Orahods put their final signature on her adoption paperwork, the toddler's life would never be the same.

"We were in love with her from the moment we laid eyes on her,"

Dawn said.

During their stay in China to complete the adoption paperwork, the Orahods received some unexpected attention.

"We got a lot of strange stares from the local Chinese people when we were traveling with Sarah and our in-country coordinator explained to us that they were wondering why Americans were holding a Chinese baby," Allen said. "Our agency printed up a letter in both English and Chinese that stated we adopted her, we promised to love her forever and never leave her. They were good with that and some even thanked us for adopting her."

When they first picked up Sarah at 13 months, she was unable to sit up or crawl — a typical baby can sit up alone between seven to nine months and begin crawling around six to 10 months.

After working with Sarah for only two weeks, she was sitting up alone and walking with the assistance of others.

"She has adapted very, very well," Dawn said regarding a possible language barrier. "We know she understands Chinese; we have a friend who speaks it to her. But she is picking up English words quickly. She is awesome."

The Orahods said they realize the wait is what brought this sparkling brown-eyed toddler into their lives, proving to the family that good things come to those who wait.

"The most rewarding part is knowing that we were able to make a difference in the life of one child," Dawn said.

There is so much information out there about international adoption. Each country is different and has different requirements, Dawn said. The legal office and the Airman & Family Readiness Center also have information about adoption. Contact the legal office at 452-6796 and the A&FRC at 452-6422.

CYCLING SABERS PEDAL PAST THE COMPETITION TO EARN MORE MEDALS

The Saber Cycling Team pedalled their way to great achievements in June.

Seth Lininger nabbed a second place finish in the Stuttgart Mountain Bike Race in the men's senior category June 14. While at the Patch Criterium Road Bike Race, four Sabers finished on the podium June 15.

Martin Heinz took first in the master's category. In the men's senior category, Seth Lininger earned first place with Brian McRory capturing second place.

In the women's category, Anne Lincoln landed a third place finish.

The following weekend, the Saber team made the drive to

the Hohenfels for a mountain bike race on a course many consider the toughest in the series.

In this race, Francesca Corazza won first place for the women's category. In the men's senior category, Seth Lininger garnered first place yet again, with Hector Rodriguez placing second.

Jeff Heagerty dominated the race with a first place finish in men's civ. senior and Corey Tims earned second place.

The next race is the Spangdahlem Classic July 12 to 13. The time trial is July 12 and the road race on perimeter road is July 13.

(Courtesy of Saber Cycling)



Courtesy photo

The Saber Cycling Team continued to earn medals in June, achieving 10 medals in area competitions. The next race takes place July 12 and 13.

Yoga

Making people calmer one pose at a time

by Staff Sgt. Kristin Ruleau
52nd Fighter Wing Public Affairs

Yoga is one of the newest trends catching on at Spangdahlem and instructor Anna Gingras is here to bend and flex her students right into shape.

The one hour class, held in the aerobics room at the Skelton Memorial Fitness Center, uses a combination of Hatha, a basic form of yoga, and Ashtanga, a power yoga, to focus on a low impact exercise.

Classes are held at 10 a.m. Mondays and Wednesdays and at 6 p.m. Tuesdays and Thursdays. A single session costs \$5 and a 10 session punch-card costs \$40.

Mrs. Gingras said she believes yoga can restore balance, order and positive energy in a person's life. She teaches a variety of intensities so people at all skill levels can attend from beginner to advanced.

There are mats available for use or students can bring their own. Classes typically have five to seven people but more are always welcome.

If anyone is interested in becoming a yoga instructor, there are a few prerequisites that are offered at Ramstein Air Base – a yoga instructor certification, an Aerobics and Fitness Association of America certification and CPR qualification.



U.S. Air Force photo/Airman Staci Miller

Front to back, Capt. Jim Gingras, 52nd Civil Engineer Squadron; Jade Thrasher, daughter of Tech Sgt. Joel Booth, 52nd Equipment Maintenance Squadron; Pheren Fua, wife of Staff Sgt. Alvin Fua, 52nd Component Maintenance Squadron; and Staff Sgt. Matthew Bright, 52nd Fighter Wing, participate in a yoga class June 26.



Sports briefs

5K fun run/walk

A family 5k fun run/walk for diabetes is at 6 a.m., noon and 4 p.m. July 17, starting at the fitness center. Children and dogs are welcome.

Body fat measurements

The fitness center conducts body fat measurements using the skin fold method from 8 a.m. to 5 p.m. the second and fourth Wednesday of each month.

Class on back pain

A physical therapist is now offering a class on recovering from back pain. The classes are held at noon Mondays, Wednesdays and Fridays in the fitness center aerobic room. The class will run until the end of June.

Eifel Classic Bike Race

The U.S. Forces Racing Series presents the 2008 Eifel Classic Road Race July 12 and 13 at the fitness center. Individual time trial is July 12 with check-in at 1 p.m. and the race starting at 2 p.m. The road race is July 13 with check-in at 10 a.m. and the race starting at 11 a.m. The categories for these events are: women's open, men's open, men's senior (ages 30 to 39) and men's masters (40 and over). For more information call the fitness center at 452-6634.

Fitness center's new hours

The fitness center has extended its hours – 4 a.m. to midnight Monday through Friday and 7 a.m. to 5 p.m. weekends, holidays and down days. The center will no longer offer 24/7 cardio access.

Race across Europe

The Fitness center is hosting a Race Across Europe. Participants log their miles/km ran/walked in the log cards and move their pieces across the Race Across Europe race board located in the cardio room. Awards will be given for every 500 miles completed with a grand prize given to whomever finishes the race first. For more information, call Senior Airman Coniglio at 452-6634.

Saber Mountain Bike Team

The Saber Mountain Bike Club meets Sundays at 10 a.m. at the Spangdahlem main gate visitor's center parking lot for a one- to two-hour ride. For details, visit Yahoo Groups "mountainbikegermany" or call 452-7170.

For more sports briefs, visit www.spangdahlem.af.mil and click on "sports briefs."

Community happenings

Editor's Note: Submit "Community" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil. Call the 52nd Fighter Wing Public Affairs Office Internal Information Section at 452-5244 for more information.

Airman & Family Readiness Center

A downloadable 52nd Fighter Wing Community Calendar can be found on the www.spangdahlem.af.mil home page under the "On Base and Local" section.

ALS reminder

Sabers are not authorized to park, drive, skate or bike on the ALS Drill Pad, located behind the dining facility. Also, please render proper customs and courtesies during reveille and retreat ceremonies. For more information, call 452-9455.

Birth announcements

Announce your baby's arrival in the next Saber Herald! To send an announcement, send an e-mail providing the name, gender, height and weight of your new addition. Also include the time, date and place of birth as well as the names (and ranks if applicable) of the proud parents. Send announcements and high resolution photos to editor@saberherald.com and write "birth announcement" in the subject line. Birth announcements will run once a month.

Civil Air Patrol

The Spangdahlem Civil Air Patrol Cadet Squadron meets at 6 p.m. Thursdays in building 2012 at the Bitburg French Casern. For more information visit www.capsangdahlem.com.

Dorm manager openings

The 52nd Civil Engineer Squadron has two staff sergeant dorm manager positions open. Those interested in applying must have a desire to lead, a letter of consideration signed by their commander, copies of their last three EPRs, a copy of their enlisted SURF and at least 24 months left on their Date Eligible for Return from Overseas. For more information, call Tech. Sgt. Sonja Martin at 452-6692.

Eifel Gala

The 52nd Logistics Readiness Squadron hosts a black tie and gown Eifel Gala Aug. 9 from 6 p.m. to midnight at Club Eifel. Tickets cost \$35 per person or \$60 for couples. For more information, call Staff Sgt. Brandi

Gaither at 452-7277 or Staff Sgt. Mary Keith at 452-7308.

LVIS gate hours

The Large Vehicle Inspection System gate is open to personally-owned vehicles from 6:30 a.m. to 6 p.m. Monday through Friday.

Miscellaneous

- Passport and international drivers license pictures can be taken at the Music Video Xpress for only \$5 per picture.

- Spangdahlem Veterinary Treatment Facility clinic hours are from 8 a.m. to 12:30 p.m. and from 1 to 4 p.m. Monday through Friday. Call 452-6769 to schedule an appointment or for information regarding import/export requirements for your pet.

Open house volunteers

The 52nd Fighter Wing Public Affairs Office is looking for English-German, English-French and English-Dutch speaking volunteers to assist at an open house information booth from 9 a.m. to 5 p.m. July 26. For details, e-mail Alexander.ray@spangdahlem.af.mil, iris.reiff@spangdahlem.af.mil or simone.chapman@spangdahlem.af.mil. Sign-ups are for three hour shifts.

Recruiter assistance

Want 12 extra days leave? Active-duty Airmen are eligible to perform recruiter assistance. Airmen from the St. Louis area who would like to come home for an additional 12 days on non-chargeable leave through the recruiter assistance program should visit www.rs.af.mil. For more information contact Tech. Sgt. Charles Roy at (636) 527-9905 or e-mail charles.roy@rs.af.mil.

Reserve positions

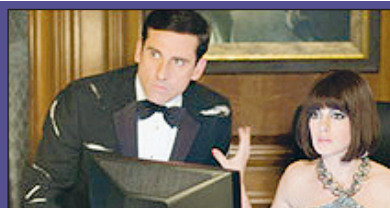
The Air Force Reserve has immediate full time Air Reserve Technician positions at the following locations: Carswell ARS Texas, Elmendorf AFB Ala., Homestead ARB Fla., Lackland AFB Texas, Moody AFB Ga., Niagara-Falls ARS N.Y., Pittsburgh ARS Pa., Wright-Patterson AFB Ohio, and Youngstown-Warren ARS Ohio. For more information contact Master Sgt. Deserie Jackson at 452-6762.

For more community briefs, visit www.spangdahlem.af.mil and click on the "community happenings" link.

NOW SHOWING July 11 to July 17



Spangdahlem Skyline



Get Smart

Maxwell Smart is on a mission to thwart the latest plot for world domination by the evil crime syndicate known as KAOS.

When the headquarters of U.S. Spy Agency Control is attacked and the identities of its agents compromised, the chief has no choice but to promote his ever eager analyst Smart. Smart is partnered with the only agent who's identity has not been compromised, Agent 99.

As they unravel KAOS' master plan, they discover the key KAOS operative, save the world and love it.

Fri. July 11

7 p.m. — Speed Racer (PG)
10 p.m. — Get Smart (PG-13)

Sat. July 12

7 p.m. — Speed Racer (PG)
10 p.m. — Made of Honor (PG-13)

Sun. July 13

4 p.m. — Speed Racer (PG)
7 p.m. — Get Smart (PG-13)

Mon. July 14

7 p.m. — Speed Racer (PG)

Tue. July 15

7 p.m. — Get Smart (PG-13)

Wed. July 16 - closed

Thu. July 17 - closed

Bitburg Castle



Made of Honor

Tom leads a good life; he's sexy, he's successful and he knows he can always rely on Hannah, his best friend and the one constant in his life. It's the perfect setup until Hannah goes overseas to Scotland and Tom realizes how empty his life is without her.

Tom is floored when he learns that Hannah has become engaged to a handsome and wealthy Scotsman and plans to move overseas. When Hannah asks Tom to be her "maid" of honor, he reluctantly agrees to fill the role, but only so he can attempt to woo Hannah and stop the wedding before it's too late.

Fri. July 11

7 p.m. — Deception (R)

Sat. July 12

7 p.m. — The Incredible Hulk (PG-13)

Sun. July 13

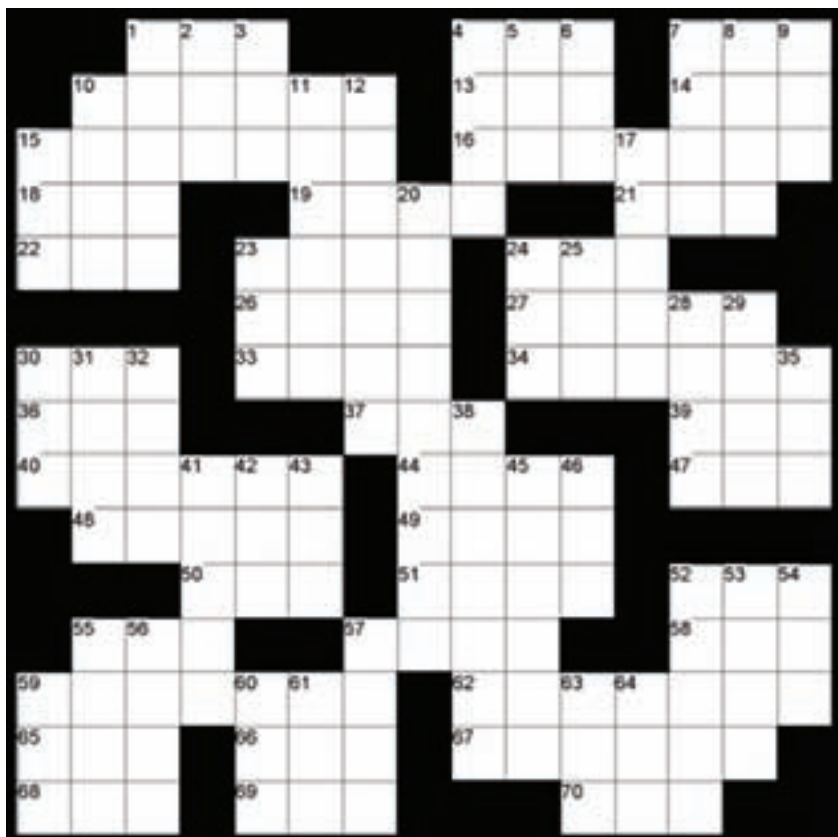
4 p.m. — Baby Mama

Mon. July 14 - closed

Tue. July 15 - closed

Wed. July 16 - closed

Thu. July 17 - closed



The pelican state's base

by Capt. Tony Wickman
USAFE Public Affairs

ACROSS

1. Male offspring
4. Even
7. Pub order
10. Be sparing or frugal
13. Commotion
14. By way of
15. Col. Robert ____; Pelican State base host unit commander
16. City home to the Pelican State base

18. Long time
19. Cribbage point
21. Weird
22. Female sheep
23. Information
24. Spanish title for a man
26. Computer manufacturer
27. Deletes
30. Zodiac animal
33. Office furniture
34. Bomb wing at the Pelican State base
36. Actress Thurman
37. Kitchen meas.

39. ____ Grande
40. Numbered Air Force based at the Pelican State base
44. Liability
47. Choose
48. San ____
49. Away from the wind
50. Prod
51. Legal claim against property
52. USAF MAJCOM the Pelican State base is assigned
55. Cabin timber
57. Cult
58. Expert
59. Exotic
62. Warned
65. Circle part
66. True Lies actress Carrere
67. Space ____; Seattle landmark
68. Afternoon beverage in London
69. Droop
70. Set or place

DOWN

1. Setting or locale of a story
2. Mining goal
3. Zero
4. Short strips attached to an object to facilitate opening
5. Altar words
6. Goddess of the dawn
7. Enthusiastic; ardent; dedicated; keen
8. Fibbed
9. Corn holder
10. Exhibit; display
11. Dennis was one
12. Declaration of objection, disapproval, or dissent
15. Tiny
17. Boom made by jet aircraft
20. Lt. Eugene Hoy ____; namesake of the Pelican State base
23. Father
24. ____ Moines
25. Lyrical poem
28. Spanish bull

29. Trim
30. Lament
31. Between
32. One of the wise men from the East, according to the Bible
35. Part of a web address
38. Brown ____; Louisiana state bird
41. Row of bushes
42. Friday lead in?
43. Pig
45. Sacred Ancient Egyptian insect
46. X to Cicero
52. Fittingly
53. North American Indian people of Ontario and Manitoba
54. Food fish
55. Body of knowledge
56. Killer whale
57. Rough, sharp, or jagged protuberance
59. Obese
60. ____ A Wonderful Life
61. 1998 Jolie movie
63. Snakelike fish
64. Amount of an essential nutrient on a food label, in brief



Solutions to the July 4 crossword puzzle



Fun awaits at theme parks



Courtesy photos

At theme parks in Germany and France, you can have the time of your life. Pick the best roller coaster in the world, a flying carousel with spectacular views or experience breathtaking stunt shows. Or enjoy a walk through a park, experiencing Europe's beautiful landscapes, culture and history.

When planning a family outing to a park with about five people, count on spending at least €150 on travel, admission, food and drinks. Admission rates vary, but they usually cover all rides. Small children get in for less. Always ask about family packages. Bring your own picnic (sandwiches and beverages, especially water) if possible.

Smaller parks are less hectic, but the rides for older children may be limited. Weekends are usually more crowded than weekdays. Vacation time in Germany starts in mid-June with the Rheinland-Pfalz school break kicking off.

Parks will become crowded during the summer. Expect waiting lines and never try to visit a park for less than four hours.

Here are six of the most popular theme parks in Germany and France:

Disneyland Paris

This park brings the magic of Disneyland resorts to Europe. Fun for the whole family can be found in the five lands of Disneyland Park – Mainstreet U.S.A., Fantasyland, Frontierland, Adventureland and Discoveryland. Rides in Disneyland Park include Space Mountain: Mission 2, Big Thunder Mountain and Pirates of the Caribbean.

Next to Disneyland Park is Walt Disney

Studios Park – where visitors can explore the magic behind movie-making. The Rock 'n' Roll Roller Coaster starring Aerosmith includes 120 onboard speakers and goes from 0 to 60 miles per hour in less than three seconds.

Disney characters can be seen around both parks for photos and autographs. Disney's Once Upon a Dream Parade also features all the favorites. Shows are shown at various times and locations every day, including "The Legend of the Lion King" and "The Tarzan Encounter."

Both parks open at 10 a.m. daily; closing times vary. Admission tickets to Disneyland Paris allow visitors to go between the two parks throughout the day.

To plan your trip, visit the Disneyland Paris Web site at www.disneylandparis.com.

Europa Park

Europa Park is Germany's biggest theme park. Located in Rust, Europa Park is a drive down the A5. Follow the A5 in the direction of Frankfurt to Basel and exit 57B to Rust. Europa Park sits on the border triangle of France, Switzerland and Germany and attracts coaster aficionados from all over Europe with its Silver Star roller coaster. Built by Mercedes, the Silver Star coaster gets the blood pumping with a centrifugal force of four Gs and a top speed of 130 kilometers per hour at 73 meters.

The park isn't all rides, although they do lay claim to many. You can also visit many lands filled with assorted attractions for all ages. Summer birthdays have never been this fun!

See PARKS, Page 15

PARKS, from Page 11

Up to the age of 12, birthday girls or boys gain free entrance to the park (proof required), with a reduced rate for parents and friends (€27 instead of the usual €31.50 for adults and €28 for children). If you make reservations in advance, your birthday child receives a gift and their own birthday table for lunch at Petite France. You get a children's menu and entertainment for the fee of €5. For birthday reservations, e-mail kindergeburtstag@europa-park.de.

Enjoy a sampling of cultures across Europe at Europa Park. Stroll in and out of Italy, France, Switzerland, Greece, Russia, the Netherlands (where you can find Chocolate Land), Scandinavia, Spain, Portugal, Austria, England (where Shakespeare's Globe Theatre entertains), Children's World and Germany, including Castle Park, with beautifully landscaped gardens that beckon visitors to picnic between rides or shows.

Log on to www.europapark.de for details or a complete event calendar.

Holiday Park

This park offers exciting rides and shows as well as beautifully-landscaped lawns and gardens for relaxing. Take a nap to recharge midday after a picnic lunch or refuel with some local barbecued bratwurst. International shows abound, such as a waterski stunt show that's thrilling and funny.

Talented water skiing is featured in this year's show, "Sinbad's Adventures." Other shows to choose from are "Animali in Teatro" – an animal show for the family and "Aquascope" – Europe's largest indoor special effects show.

Rides for adults include the Tower of Olymp Free Fall Tower, Devil's Barrels, Super Whirl, Lighthouse Tower and Expedition G Force – voted "best coaster in the world" by Internet Coaster Poll.

Kids can run wild at Holly's Kinderland at the center of Holiday Park. Kids can enjoy rides, playgrounds, games and food in child-sizes. Holiday Park dedicated €750,000 to Holly's Kinderland and employed an internationally-renowned children's designer to handle the job. The result is a well-rounded adventure park for the little people.

Every Friday and Saturday from July 11 through Aug. 30, the park stays open until midnight with live music and shows. Holiday Park's normal hours are from 9 a.m. to 7 p.m. in July and 9 a.m. to 6 p.m. in August. Times may vary.

For more information on special events or directions, log on to www.holidaypark.de.

LEGOLAND

Located in Gunzburg – between Stuttgart and Munich – LEGOLAND is an ideal park for stimulating your child's imagination and sense of construction. LEGO-LAND features five inventive areas: Adventure Land, LEGO X-treme, Pirate Land, LEGO City, Knight's Kingdom and Imagination.

Every Saturday in July, LEGOLAND hosts a fireworks show, live bands perform and the park extends its hours

to 10 p.m. Shows and entertainment also add to the daily fun at LEGOLAND. From July 19 to Sept. 7, LEGOLAND hosts live entertainers and artists in the park, including magicians. With rides, great food choices, shows and music, LEGOLAND will not disappoint.

The park opens at 10 a.m. and closing times may vary.

Log on to www.legoland.de for information.

Phantasialand

Phantasialand is just a drive away in Brühl, near Cologne. Whether you try the bungee drop at the Mystery Castle or hop on the mine train in "Colorado Adventure," your whole family will savor this excursion into adventure and magic.

Younger kids can play in the huge playground, "Wirtl's Erlebnishöhle" while older kids test their courage on the park's two indoor coasters: Winga's Fear and Winga's Force in an underground coliseum. Little ones have plenty of rides to choose from, including Octowuzy and Tittle Tattle Tree. Water rides for the whole family include a multi-story raft ride on River Quest and Wildwash Creek, a log-flume ride.

Shows are in plentiful supply in Phantasialand. Whet your thrill-seeking appetite with a Pirates 4-D adventure, then watch "Arachnomé," an amazing show set in a huge spider's web with acrobatic feats set to magical sounds. The outstanding special effects will delight your senses. Enjoy the stunts and maneuvers of "streetXtreme" in the Silverado Theatre and an ice dancing show set to tunes from Broadway musicals.

Every day, acrobats, fairies, cowboys, magicians and more walk through the main street with a spectacular parade the kids won't want to miss. And until the end of August, Asia Nights are held in Phantasialand's China Town, featuring Asian cuisine, wok stands and Asian atmosphere in the "Asia Nights Lounge."

Phantasialand is open from 9 a.m. to 6 p.m. all summer until Nov. 2; rides open at 10 a.m.

To plan a trip, log on to the Phantasialand Web site at www.phantasialand.de.



Walibi Aquitaine Park

This amusement park is located in Lot et Garonne, France. The park sits in an ideal area, not far from the Spanish border and the Atlantic coast.

For the adventure seeker, rides such as Pirate Boat, Kosmic, Boomerang and Zip Zag will keep your knuckles white. For the kids, Baby Kangaroo, Beetle Coaster, Carousel, Tam Tam Tour, Tea Cup and Walibiland guarantee that the little ones aren't left out of the fun. Water thrills occur on rides like Drakkar, on Radja River and on water slides like the Aqua Chutes. For great shows, head to the amphitheatre and watch the sea lions clown around.

To plan a trip, visit the Walibi Aquitaine Web site at www.walibi-aquitaine.fr/homepageEN.

(Courtesy of AdvantiPro. Iris Reiff also contributed to this article.)